

THE QUALITY COURIER

Wacky Holidays

National Golf Day

October 4th

Mad Hatter Day

October 6th

Bosses Day

October 16th

Brandied Fruit Day

October 20th

National Mole Day

October 23rd

World Pasta Day

October 25th

Mincemeat Day

October 26th

Candy Corn Day

October 30th

Did You Know?

**There are over
900 species
of bats.**



The Fifth Newsletter

In the fifth issue of the monthly newsletter, you can find birthdays, a great recipe to try at home, and more. We would like to note that the employee of the month is 100% chosen by the staff, so please make sure you are turning in your nominations each month or voting on Facebook!



October Employee Birthdays

Demi Gallardo - October 19th

Shanice Barnes - October 20th

Megan Barrett - October 25th



Every time you lick a stamp, you're consuming 1/10 of a calorie.



A hippopotamus can run faster than a man.



PLEASE SEND US YOUR NEWS, RECIPES, PICTURES, OR ANYTHING GOING ON IN YOUR LIVES AND OUR PEOPLES'!

EMAIL ME:

noah@moqualitycare.org

BONUS

Don't Forget

Our agency is always offering a referral bonus for any trusted person you send in. If they maintain employment in good standing for 90 days, you will receive a \$50 bonus!

Anniversaries

No Anniversaries yet!

Don't forget to check out our website!

missouriqualitycare.org

Feta-Dill Chicken Burger

Ingredients

1 large egg, lightly beaten
1 large shallot, minced
2 tablespoons crushed Ritz crackers
2 tablespoons minced fresh dill
3 garlic cloves, minced
1/4 teaspoon salt
1/4 teaspoon pepper
1 pound ground chicken
1/2 cup finely crumbled feta cheese
2 tablespoons canola oil
4 hamburger buns, split
Refrigerated tzatziki sauce and sliced tomato, optional

Directions

Combine first 7 ingredients. Add chicken; mix lightly but thoroughly.

Gently stir in cheese.

Shape into four 1/2-in. thick patties (mixture will be soft). Brush patties with oil. Grill, covered, over medium heat until a thermometer reads 165°, 5-6 minutes per side. Serve on buns. If desired, top with tzatziki sauce and tomato.



Here's a
healthier
dinner recipe
to try!

This Month's Quote

"I'm a great believer in luck, and I find the harder I work, the more I have of it."

- Thomas Jefferson

EMPLOYEE OF THE MONTH

After reviewing each of this month's employee of the month nominations, we have come to the conclusion that October's employee of the month is Jay Smith. Jay has worked at Missouri Quality Care since February of 2020, but he has worked in this field for 25 years. His family is from New York City, but he was born in Okinawa, Japan. He's lived in Kansas City since 2007. Jay has twin sisters who live in Virginia and North Carolina, and his parents live in Maryland. He has one son who is 11 years old and in the 6th grade. In 5 years he hopes to have his own company doing similar work to what he does now. One of the reasons Jay enjoys working at Missouri Quality Care is that he likes the fact that the people in the office started out on the same ground level that he did, so they are very understanding of how hard this line of work can be and work well with him because of that. A fellow employee had this to say about Jay: "Jay is an outstanding employee that has a positive attitude and is truly dedicated to the individuals he supports. He demonstrates good team work and is very reliable. He works hard and has great sense of humor " Missouri Quality Care thanks you for all of your hard work and dedication. We are very excited to continue working with you and can't wait to see what you do next!

Please keep the nominations coming so we can continue to select employees each month!

Jay Smith



Announcements



If you haven't already, make sure to join the Missouri Quality Care Facebook page created for our employees to stay informed on upcoming events, trainings, open hours, internal job opportunities, etc.

You will also be able to view pics of agency events there, so that we can share the great times had with each other. We encourage all employees to join. If you haven't joined already, simply search for Missouri Quality Care on Facebook and look for our logo. You can also ask your fellow employees or someone at the office.

This Month's Feature

National Liver Awareness Month

National Liver Awareness Month is an annual designation observed in October. Our livers are one of the most vital organs in our bodies. They are so important, in fact, that if they were to stop functioning for a single day, we would die almost right away. During National Liver Awareness Month, we encourage you to practice health habits that will support a healthy liver. It seems that many of us don't think much about our liver when we think about overall health, so now is the time so give it the attention it deserves to keep you as healthy as possible for as long as possible.

You can take care of your liver by doing things such as:

1. Keep a healthy weight. If you are obese or even slightly overweight, you're in danger of having a fatty liver which can lead to disease.
2. Eat a balanced diet. Avoid high calorie meals, refined carbohydrates like white bread/enriched flour, and eat a good amount of fiber.
3. Exercise regularly. Consistent exercise helps reduce liver fat.
4. Use alcohol responsibly. This is a big one when it comes to liver health. Alcoholic beverages can damage, scar, and destroy your liver.
5. Avoid drug use.
6. Follow directions on all your medications. If you take too much, your liver can be damaged.

